

Roasted Tomato, Kale, and Sausage Soup

2 tablespoons neutral oil (like grapeseed)
20 ounces fresh (uncooked) Italian-style turkey or pork sausage
2 medium yellow onions small dice
Kosher salt and freshly ground black pepper
4 celery stalks small dice
8 garlic cloves thinly sliced
1 teaspoon crushed red pepper flakes
1 cup dry white wine such as a Sauvignon Blanc
4 cups low-sodium vegetable broth, chicken broth, or water
Tomatoes from the share, roasted or 1 (14 ounce) can diced fire-roasted tomatoes
2 cups water
12 ounces small red or buttercream potatoes cut into 1-inch pieces
Piece of Parmigiano-Reggiano cheese rind plus cheese for garnish (optional)
4 ounces kale stemmed and thinly sliced

Heat the oil in a large, heavy-bottomed Dutch oven or pot over medium heat. When it shimmers, add the sausage and cook, turning occasionally, until well browned all over, about 8 minutes. Remove to a plate and set aside.

Return the pan to medium-low heat, add the onion, season with salt and pepper, and cook, stirring occasionally, until golden brown, about 3 minutes. Stir in the celery, garlic, and red pepper flakes and cook until the celery just starts to soften, another 3 minutes. Add the wine and stir with a wooden spoon, scraping up any browned bits on the bottom of the pan and cook until the alcohol smell is gone, about 2 minutes. Add the broth, tomatoes and their liquid, water, potatoes, and cheese rind (if using) and bring to a boil over high heat. The potatoes, the tomatoes, their juices, and broth and bring to a boil. When the soup boils, reduce the heat to low, partially cover and cook until the potatoes are knife tender, about 15 minutes.

Tip: Purchase Parmigiano-Reggiano cheese with the rind. Save a bit of rind and throw it in broths or sauces to add more flavor. Slice the reserved sausage into 1/2-inch rounds then add it and the kale to the pot. Cook until the sausage is heated through and the kale is wilted, about 5 minutes. Taste, adjust seasoning, grate cheese over the top, as desired, and serve.

Cider Smoothie

Make a cider smoothie, cider, chopped apple, a little Greek yogurt, a sprinkle of cinnamon, a handful of ice and a tablespoon or two of honey or pure maple syrup.

Use cider instead of water when working with apples to start a recipe such as applesauce or apple butter.

Freezing Sweet Corn

Start with fresh corn on the cob - as fresh as you can get. If there is a delay between harvesting and freezing, keep the corn in the refrigerator. The sugars break down quickly at room temperature. Fill your largest pot $\frac{3}{4}$ full of water. Heat to a rolling boil. Fill a large bowl with ice water.

Husk the corn. Be sure to remove all the silk. Gently rub with a soft terry towel to be sure that all of the silk is off. Blanch the corn in the boiling water. This step stops the action of the enzymes in the corn.

The water should not lose the boil. Boil for 4-6 minutes.

Drain and stop the cooking in the ice water bath.

Add extra ice as needed.

Cut the kernels from the cob. Holding one end of the corn, the other end in a bowl. Run a very sharp knife under the kernels. (There are some special tools if you prefer.) The corn will come off in strips and should break apart as you are packing them. Portion the corn into zip lock bags. Be sure to push out as much air as possible to prevent freezer burn and drying.

When you are ready to serve you can heat up the corn in the microwave or in the top of a double boiler. There really is no need to cook further, just heat up. Some of you might rather freeze corn on the cob, our experience is that this method, corn off the cob will give you the best results.



Alstede Farms Freshly Inspired CSA

Eggplant will once again be in the full shares. New Jersey grows more eggplant than any other state. It has been said (and it has been debated) that we grow sixty- six percent of the eggplant in the world. Either way we have plenty of it, in quite a few different colors, sizes, shapes and varieties this season.

Gala apples have come into season. They recently were named the number one apple. Gala apples are known to have a great keeping quality. Gala is an apple that is available everywhere all year long. Here at the farm we grow more than one variety of Gala apples. These are on the light red side with just a little of that familiar yellow striping. Gala apples are one of the first of the fall apples. Gala apples are found on many apple charts as the favored eating apple, also loved in salads. They are not among the recommended apples for baking or even pies. Some sights do recommend Gala apples for sauce. Many sauce recipes start with just a little bit of water. I would rather use cider for the best flavor. We are pressing cider once again. Once we start to harvest apples, we have apples for pressing. Cider will come to us for the first time this fall. Today I want hot mulled cider, maybe by the end of the week I will be looking for a cold beverage again. We will have quite a bit of fruit once again. Sweet and juicy nectarines will be in the shares for the first time and Asian pears may be in shares again as well.

We will have two different leafy greens in the shares this week. Each has been sighted as a super food. Something we should try to keep in our diets as much as possible. If you have been trying to eat a certain amount of foods raw the salad with corn and tomatoes may be your choice. Arugula can also be cooked. That same recipe can be done as a sautéed dish. Adding the arugula to wilt in at the end. Baby Kale is often used in salads. Removing the rib, breaking the kale into pieces, and massaging with some simple ingredients will tenderize this green if you choose to serve it raw. If we continue with some cool rainy weather you may choose to prepare a hearty soup instead.

I know that every year there comes a time when you might tire of a certain food. In early September maybe that is the time that you are finding you have had enough sweet corn. Come Thanksgiving I need it for more than one recipe and more than one event. I will post in the tips once again the freezing directions for corn. It really does not take too long to prepare and it doesn't take too much room up in your freezer. Believe me, in a month or two, maybe a little longer it will be a treat!

I love the pictures that you have posted on Facebook. It looks like the plums in the shares have been used for main dishes as well as desserts. I am hoping that Mirium Falcone will share the recipe for Cauliflower Pizza Crust with us. Gina Saggio-Bosco posted a picture of a plum cake and I have a few plums left from last week. I would love to try that recipe. I know that all of you will continue to be creative. Until next week, enjoy the freshness.

~food for thought~



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CSA Week 20 ~ Sep 10th - Sep 16th 2018

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Classic and Necessities** Box Contents

This Week's Full Share

- Fresh Pressed Apple Cider - Sustainable
- Tree Ripened Asian Pears - Sustainable
- Tree Ripened Gala Apples
- Tree Ripened Nectarines - Sustainable
- Tree Ripened Plums - Sustainable
- Freshly Harvested Arugula - Sustainable
- Garden Fresh Beans - Sustainable
- Hand Picked Carrots - Sustainable
- Field Grown Eggplant - Sustainable
- Freshly Harvested Kale - Sustainable
- Aromatic Onions - Sustainable
- Freshly Dug Russet Potatoes - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

This Week's Half Share

- Fresh Pressed Apple Cider - Sustainable
- Tree Ripened Asian Pears - Sustainable
- Tree Ripened Gala Apples - Sustainable
- Tree Ripened Nectarines - Sustainable
- Tree Ripened Plums - Sustainable
- Freshly Harvested Arugula - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Kale - Sustainable
- Aromatic Onion - Sustainable
- Freshly Dug Russet Potatoes - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

This Week's Personal Share

- Fresh Pressed Apple Cider - Sustainable
- Tree Ripened Asian Pears - Sustainable
- Tree Ripened Gala Apples - Sustainable
- Tree Ripened Nectarines - Sustainable
- Tree Ripened Plums - Sustainable
- Hand Picked Carrots - Sustainable
- Aromatic Onion - Sustainable
- Freshly Dug Potatoes - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

****Necessities Shares do not contain Arugula, but an adjusted quantity of other crops****

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Corn, Arugula & Tomato Salad

3 tablespoons red-wine vinegar

3 tablespoons minced shallots

6 tablespoons extra-virgin olive oil

¼ teaspoon salt

Freshly ground pepper, to taste

6 cups loosely packed arugula, (about 6 ounces)

1½ pints cherry tomatoes, halved

2 cups corn kernels, (about 4 ears)

Combine vinegar and shallots in a large bowl and let stand at room temperature for 10 minutes.

Whisk oil into the vinegar mixture until blended. Season with salt and pepper. Add arugula and toss to coat. Arrange the arugula on serving plates. Add corn and tomatoes to the bowl, toss to coat with the dressing that remains, then spoon the mixture over the arugula and serve.

From: Eatingwell.com

Tips

Microwaving Sweet Corn

Put the corn in its husk in the microwave. Microwave on High for 4 minutes. Allow to cool down slightly, then remove the husk. To remove the husk, cut off the very bottom of the corn, grab the husk by the top, pull and it will slide off.

Storing Apples and Pears

In the crisper drawer of the refrigerator. In a plastic bag or not. Apples can stay fresh for up to 2 months. Most early varieties do not store as well as later fruits. Be sure to check fruits in the drawer before adding more apples/pears each week.

Asian Pears

Asian Pears are ready when you get them in the shares. Try slicing Asian Pears into salads with leafy greens, red onions, blue cheese and walnuts.

Tomatoes

Ripe tomatoes can be stored on the counter for 2-3 days. Refrigerate the extra tomatoes in the warmest part of your refrigerator. Bring tomatoes back to room temperature Before serving for the best flavor.

Massage Kale

Make it more tender by removing the ribs from the kale and trimming it of any big thick stems, put it into a large mixing bowl.

Add a little salt, lemon juice and olive oil to the bowl and massage the kale salad with your hands for 3 to 4 minutes, until the kale reduces down to half the size you started with. Sprinkle with a little parmesan, top with chicken, shrimp, chick peas. And there you have a tender, flavorful main dish kale salad.

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